

Creamed Spinach - USDA Recipe I120

Meal Components: Vegetable - Dark Green, Meat / Meat Alternate

I-25

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Frozen chopped spinach	20 lb	2 gal 2 qt	40 lb	5 gal	1. Thaw and squeeze spinach to eliminate excess water. Yields: 2. Place spinach in a large bowl.
Kosher salt		1 1/2 tsp		1 Tbsp	
Ground black pepper		1 Tbsp		2 Tbsp	
Canola oil		1/2 cup		1 cup	4. Sauce: Heat oil in stock pot over medium heat.
*Fresh onions, diced	1 lb	3 cups	2 lb	1 qt 2 cups	5. Add onions and saute for 5-6 minutes or until soft.
Enriched all-purpose flour	5 oz	1 cup	10 oz	2 cups	6. Add flour and cook for 5 minutes. Stir constantly.
Nonfat milk		2 qt		1 gal	7. Add milk and stir until sauce comes to a boil. Reduce heat to low.
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	1 lb 9 oz	3 cups	3 lb 2 oz	1 qt 2 cups	8. Add half of the cheese. Stir until melted. Reserve remaining cheese for step 10.

10. Lightly coat a steam table pan (12" x 20" x 2 1/2") with pan release spray and place 3 qt 3 cups (about 7 1/2 lb) spinach mixture in each pan. Sprinkle remaining cheese on top.
11. Bake until cheese melts:
12. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
13. Critical Control Point: Hold for hot service at 135 °F or higher.
14. Portion with No. 8 scoop (1/2 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Process

Serving

NSLP/SBP Crediting Information: ½ cup (No. 8 scoop) provides ½ oz equivalent meat/meat alternate and ½ cup dark green vegetable.

CACFP Crediting Information: ½ cup (No. 8 scoop) provides ½ meat/meat alternate and ½ cup fruit/vegetable.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Onions	1 lb 6 oz	2 lb 12 oz

Serving	Yield	Volume
See Notes	50 Servings: about 15 lb 100 Servings: about 30 lb	50 Servings: about 1 gallon 3 quarts 2 cups / 2 steam table pans (12" x 20" x 2 1/2") 100 Servings: about 3 gallons 3 quarts / 4 steam table pans (12" x 20" x 2 1/2")

Nutrients Per Serving					
Calories	168	Saturated Fat	2 g	Iron	
Protein	12 g	Cholesterol	8 mg	Calcium	361 mg
Carbohydrate	13 g	Vitamin A	34151 IU	Sodium	521 mg
Total Fat	6 g	Vitamin C	1 mg	Dietary Fiber	4 g